

# EMPLOYEE WELLNESS

FL DOH Broward Employee Wellness Committee Newsletter

September, 2014



## So what's the big deal?

September is fruit and veggie month. Fall is around the corner with slightly less heat and humidity. We can start to think about more outdoor activities again and planting vegetable gardens. As with most things start small. A tomato plant for example in a pot is wonderful. As of September first there are only 87 days till Thanksgiving! It's

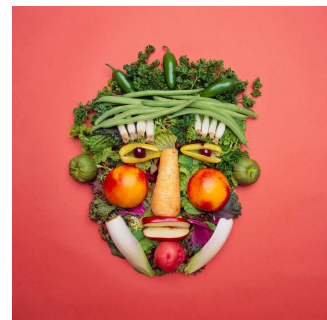
a perfect time to make some changes like adding more fruits and vegetables to your diet. It takes about 6 weeks to break a habit. Before you know it you will be craving food that is alive and full of nutrients. Food that gives you energy and doesn't drag you down. Food that will boost your vitamin and mineral intake that benefit the body. So what are the benefits?

- Fruits and vegetables are loaded in vitamins and minerals such as vitamin B, C, potassium, magnesium, folate and beta carotene to name a few.
- Lower your risk for heart disease and some types of cancer.
- Contain fiber, which helps regulate your blood sugar, helps digestion.
- Help you maintain a healthy weight. Keep your body strong and active.
- Increase fluid intake to your body as your fruits and veggies contain mostly liquid.
- You feel better as fruits and vegetables digest more easily.
- Enjoy the crunch of apple slices or carrots.
- Feel full on fewer calories. No fat or sodium unless you choose to season them.
- Beautiful colors. Great smells. Think pineapple, grapefruit, tomatoes.
- Beneficial in every form, fresh or cooked.

What is the downside? I can't think of any. For so many of us fruits and vegetables are foreign food in our diet, we were raised on mostly meat and starches. As you slowly introduce other flavors and textures to your palate, look for what's in season and what is grown locally in Florida. The fall brings squashes, peppers, mushrooms and beans. Here are some ideas to help you and your family fit more fruits and vegetables into your day:

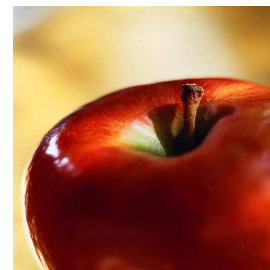
- Keep a bowl of fruit handy where the whole family can see it. Cut it up and make a fruit salad with some vanilla yogurt.
- Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.
- Challenge your family to try a new veggie or fruit every week.

Remember, eating more fruits and veggies can be fun – and it's worth it! That's the big deal.



"There's no guilt in eating fruits, vegetables, nuts and grains".

Jane Velez-Mitchell



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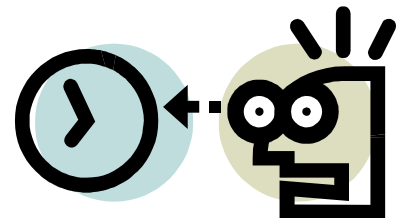
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**Did you know?** There is an innate physical reason why some people have an aversion to certain vegetables. A genetic trait has been identified that seems to make some people have extra-sensitive receptors for bitter tastes.





# STRESS



Fall is here! The kids are back in school and with that comes another layer of stress. Work, organizing family schedules, homework, projects, and after school activities, increased traffic and people everywhere, the list goes on.

All of these different things impact you in one way or another. How you respond to all of these things that impact your life in a minor or major way depends on you. Just breathe. Respiration is one of the most important function of the body as all other systems of the body depend on it. Find moments to just exhale deeply, then take a deep breath and exhale again. Remain calm. As a moral booster in preparation for the Second World War a Public Relations slogan was created to help people cope with the situation: "Keep calm and carry on". This same slogan has been changed to meet many other needs, but the original "Keep calm and carry on" is a great mantra and has been used by many to get through life's crazy moments.

When things get too overwhelming think of your priorities/importance and remove the things that are on your list that aren't important or timewasters. When you can, turn off the phone, and use the time for you. Go for a walk or run, that's a very good stress reliever. Read a book about something that you enjoy. Take up photography, you always have the subject matter before you!



**On September 15th there are only 73 days  
till Thanksgiving!  
Time flies when you're busy!**

## Do You Know How Food Portions Have Changed in 20 Years?

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "super size," while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

**Did you know?** At home try standing on one foot for a duration 30 seconds working up to one minute. Stand close to a wall or a chair if you need support. Then stand on the opposite foot. Progress with doing this with your eyes closed.



**A positive lifestyle change is  
another step in making Florida  
the Healthiest State in the Nation.**

## EXERCISES YOU CAN DO AT YOUR DESK



### IT Band Stretch

**Target:** the Iliotibial (IT) band is a sheet of connective tissue that runs from your hip to your knee. Tight IT bands are a common cause of knee pain.

**Performance:** Sitting with legs crossed (right-angle to floor), touch your chest to your calf. Hold for 10-30 secs each leg.

**Tips:** Try to keep your lower back as flat as possible while doing this.

# HEALTHY EATS!

## Ingredients

2 Tbsp. Olive Oil.  
1 chopped onion  
5 minced garlic cloves  
1 ½ Lbs chopped bell peppers  
Season with salt and pepper  
1 cup halved cherry tomatoes  
¼ cup parsley  
1 lbs cooked spaghetti  
1 cup of the pasta cooking water.



## Mixed Pepper Pasta

Easy. Serves 4

In a skillet heat 2 Tbsp. Olive Oil. Add the onion and sauté till translucent about 4-5 minutes then incorporate the garlic and peppers, season with salt and pepper and cook over moderate heat until soft. Add 1 cup halved cherry tomatoes and parsley. Add 1 pound cooked spaghetti with 1 cup of its cooking water. Cook tossing for 1 minute.

Enjoy!

## What's in season for September?

Avocado, Guava,  
Mushroom, Orange, Passion  
Fruit and Cherry tomatos.

## Blueberry compote

1 ½ cups Blueberries  
1 Tbsp. sugar  
½ tsp. finely grated lemon zest  
1 ½ tsp. fresh lemon juice  
Pinch of Kosher salt

In a large bowl combine all of the ingredients and mix until the sugar is dissolved. Let stand for at least 30 minuts stirring occasionally. Serve with a small amount of vanilla yogurt or ice cream.





## Our person of change: Kristin Halldorsdottir

My Story.

Yes, I am a repeat offender. There it is, I've said it. My weight has been up and down like a roller coaster. But isn't that normal? The most I've lost in one stretch has been 34 lbs. I've joined support groups that have been extremely helpful in teaching me how to make healthy lifestyle choices. My motivation is slightly different now regards to my weight management. My goal is to be within a "normal range" on the Body Mass Index (BMI) scale not just to reach it but to maintain it. To me the importance is not so that my clothes fit better but for health reasons. I feel that there are so many illnesses that appear in life after 50 that are preventable and most of them are related to excess weight and family history. Diabetes runs in my family, and of course the love of food, both cooking and eating! I would like to avoid high blood pressure, respiratory problems, bad back and knees and heart disease.

Did you know that a gallon jug of water is 8 pounds? Next time you are at the supermarket pick up a gallon jug or two and carry them up and down the aisle. It's heavy right? I have learned to love fruits and vegetables. I will add them to everything. I crave food that is alive and full of nutrients. That has not happened overnight this change in my eating habits has been very rewarding. Not only am I eating better but my family is too. I feel that vigorous housework or yard work counts as exercise. I love swimming and water aerobics the public swimming pools are the best. Many of them offer classes for a very small fee. During the heat of the summer I'll go to the local shopping mall and powerwalk. I know who I can call for company for walking, kayaking and the pool.

I look forward to the different DOH Employee Wellness activities like the walking club and the Breast Cancer Awareness walk. It's for a good cause and gives me a short term goal to work towards that I also benefit from. I am determined that I will not gain that weight again. I am aware that the scale will move up and down a pound or two, but I won't let it get me down. That's life. As long as I stay within the healthy BMI range for me.

Do you know of someone that has made a positive change in their lives. Who is your nominee? Let us know. Thank you!



Please consult your healthcare provider before starting on any diet or exercise program.

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DOH-Broward Employee Wellness

**The walking club, noon in front of  
the Administration Building every Monday,  
Wednesday and Thursday starting September 15th.  
Mark your calendars!**

